



## Chicken & Veggie Dumplings

### At Home Heating From Frozen:

*Note that heating times may vary based on the oven load and/or the quantity of portions being heated at one time.*

#### **Conventional Oven:**

1. Preheat the conventional oven to 350° F.
2. In a baking dish, lightly coat with cooking spray, and arrange and space apart 20-24 dumplings.
3. Add 1 cup of water and cover with foil.
4. Bake for 20 minutes or until cooked through.
5. Allow product to rest 2 minutes to cool prior to enjoying.

#### **Pan Fry:**

1. Heat a large non-stick skillet pan over high heat then add 2 oz. of water to coat.
2. Add 12-14 frozen dumplings then cover.
3. On high heat cook 2-3 minutes, or until most water is absorbed. Reduce heat to medium, add ½ oz. of oil. Cover and let simmer for approximately 3-4 minutes or until golden brown.
4. Allow 1-2 minutes to cool down prior to enjoying.